

Desert

SPORTS & FITNESS

Tucson's Complete Fitness Center

2480 N. Pantano Rd • Tucson, AZ 85715

PH: (520) 722-6300

www.desertsportsandfitness.com

Group Fitness Class Schedule


CLUB HOURS: Monday - Thursday 4am until 12 Midnight

Friday 4am – 9pm

Saturday 7am-7pm

Sunday 7am-5pm

February 2019

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|-------------------------------------|--|---|--------------------------------------|---|---|
| 5:30AM | Power Up <i>Briana</i> | Yoga Fusion <i>Mary</i> | Power Up <i>Briana</i> | Yoga Fusion <i>Angeli</i> | | |
| 8:00AM | Power Up <i>Anita</i> | | | | | |
| 8:15AM | | CARDIO FUSION <i>Linda</i> |  <i>Janet</i> | CARDIO FUSION <i>Linda</i> | | |
| 9:15AM | Power Up <i>Anita</i> | Yoga Fusion <i>Hailey</i> | Power Up <i>Anita</i> | Yoga Fusion <i>Angeli</i> | Power Challenge <i>Linda</i> | 9:30 AM Power up <i>Anita</i> |
| 10:30AM | DSF GOLD <i>KK</i> | Active Adult/Cardio <i>Linda</i> | DSF GOLD <i>KK</i> | Active Adult <i>Linda</i> | DSF GOLD <i>Karen</i> | 10:45 AM Yoga Fusion <i>Angeli or Hailey</i> |
| 11:30AM | DANCE MIX <i>Darla</i> | DSF GOLD <i>KK</i> | DANCE MIX <i>Darla</i> | DSF GOLD <i>KK</i> |  <i>Janet</i> | SUNDAY |
| 12:30pm | DSF GOLD <i>KK</i> | | DSF GOLD <i>KAREN</i> | | DSF GOLD <i>Karen</i> | |
| 4:30PM | | | | | | |
| 5:30PM | Yoga Fusion <i>Angeli</i> | | | Yoga Fusion <i>Angeli</i> | | |

DSF Gold classes are designed for:



Small Group & Semi-Private Training

Please see a staff member for details